

DARTMOUTH

446-YOGA (9642)

This Schedule is begins March 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30						Vinyasa Flow Level 1-2 Kim C	
9:30			Vinyasa Flow Level 1 Kim C		Core Yoga Level 1 Kim C		
10:00	Relax & Renew Gail			Relax & Renew Jeannine		Intro to Yoga Kim C April 17	Relax & Renew Kim D
11:30			Parent & Babe Starting March 3 \$69/6 weeks			YOGA FOR GOLFERS Mar 6-27/\$75 Bryan & Kim C	
1:00			Restorative Yoga Kim C		Yoga for Active Seniors Kim C		Family Yoga Last Sunday of the Month
4:00						Vinyasa Flow Level 1 Cheryl	Vinyasa Flow Level 1-2 Maira
6:00	Hot Flow Yoga Level 1 Alana						
6:30		Intro to Yoga Kim C April 13	Core Yoga Level 1 Kim C	Prenatal Yoga Bev Mar 4	Hot Flow Yoga Level 1 Kim C		
7:30	Ashtanga Influenced Intro/Level 1 Jacqueline						Power Vinyasa Flow (room heated) Intro/Level 1 Renee
8:00		Flow Level 1 Heather	Vinyasa Flow Level 1-2 Kim C	Power Vinyasa Flow (room heated) Level 1-2 Jill	Karma Class All Levels FIRST FRIDAY of Every Month		

Quick Reference Guide	Registration Required Programs	
	Intro/Level 1 Drop-in	
	Level 1 Drop-in	
	Level 1 - 2 Drop-in	
	Gentle for "every Body"	